UCSF
Newsbreak

News for the UCSF Campus Community

VOL. 11, NO. 15 SEPTEMBER 13, 1996

INSIDE

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6 Faculty take teaching to new technological levels

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Family takes baffling case to SFGH's Genetics Clinic

By RUTHANN RICHTER

On a recent Tuesday, a 30-year-old woman and her mother came to UCSF hoping to put a name on a medical problem that has plagued their family for years.

Evelyn (not her real name) recently had begun to show signs of early dementia and involuntary movements in her hands, tongue and face. Her sisters shared some of these symptoms, as well as some unusual physical characteristics: All were tall, obese and had very large hands and feet. Evelyn's two young children, as well as her sisters' children, showed signs of being affected as well.

It was just the kind of baffling case to be seen at the weekly conference of the Genetics Clinic, which Seymour Packman, a professor of pediatrics, calls the "final court of appeal" for many families.

"By the time patients get to us, it means nobody has been able to solve their problem," says Packman, who also runs a separate clinic for patients with metabolic disorders.

During the session, genetics counselor Andrea Zanko described the medical history of Evelyn's family in detail before a team of some 25 genetics specialists: physicians, postdoctoral fellows, residents, medical students and genetics counselors, who exchanged ideas about possible diagnoses.

Christine T. Anderson

Doctors Mahin Golabi, left, and Charles Epstein assess a young patient at the Genetics Clinic at SF General Hospital.

As a result of these conferences, patients often come away with a definitive answer to explain what ails them. Such answers open the door to possible treatment while also providing families with psychological relief.

For instance, a five-year-old Bay Area boy came to the clinic with his parents, who were puzzled by his delayed development and speech and behavioral problems. The boy was very small for his age and had some unusual features, including long, thin fingers, a small mouth and an underdeveloped chin. The clinic physicians recognized that the child had

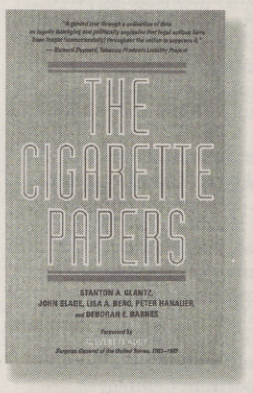
(See **Genetics Clinic** on page 3)

"Cigarette Papers" now available on the Web

By REBECCA HIGBEE

The book, "The Cigarette Papers," by UCSF researchers that reveals the research secrets of a tobacco industry giant and that was used as evidence in the recent jury verdict awarding $750,000 to a Florida smoker with lung cancer, is now available on the Web.

Published by the University of California Press, "The Cigarette Papers" is a comprehensive look at the internal dealings of the Brown & Williamson Tobacco Company (B&W), the nation's third-largest tobacco company. It compiles more than 8,000 pages of internal tobacco industry documents, including 4,000 pages sent anonymously in May 1994 to Stanton A. Glantz, UCSF professor of medicine, researcher at the UCSF Institute for Health Policy Studies and lead author of the book.



The papers reveal the company's research on the addictive nature of nicotine, the cancer-causing effects of smoking and the dangers of various cigarette additives. The documents also show the discrepancy between the industry's public position on the health effects of smoking and the results of its own research, Glantz says.

Now, computer users with access to the Web will be able to read the book while also searching "hypertext links"—text containing connections to other documents so the reader can select a word or phrase to get additional information about a related topic. The words or phrases that contain the connections are usually highlighted on the computer screen or underlined.

The technology allows researchers, policy makers, students or general readers to match the book's text to its original source of research, to related research, or to another online site while never leaving the computer terminal.

"Putting the book online with links to source material allows the greatest access to the tobacco papers while also allowing readers to see the book's quotations in context," Glantz says.

The internet address to access the book with a subscription is http://www.library.ucsf.edu/tobacco/cigpapers. Without a subscription, readers may use the same address to access a limited version of the book for free. For UCSF computer users, access is free by calling Karen Butter, deputy director of the UCSF library.

The papers themselves have been online since July 1995, when UCSF library staff put them on the Web to provide the widest possible access to the material. Since then, there have been more than 496,000 "hits" or visits to the computer site. In July of this year, there were 40,133 hits to the site from 4,500 unique hosts, showing that interest in the papers continues to grow, according to Glantz.

"The documents provide a unique view into how the tobacco industry has responded over the years to the ever-growing body of scientific evidence proving that its products kill," he says. "To this day, despite overwhelming scientific evidence and official government reports to the contrary, the tobacco industry denies that its products are addictive or that they cause any disease at all."

The tobacco papers have been the subject of several media reports and recently were used as evidence for the first time in a tobacco-liability trial. In that case, a Jacksonville, Fla., jury issued a verdict against B&W on Aug. 9 and awarded $750,000 to a 66-year-old man who developed lung cancer after smoking for 43 years. In interviews after the trial, jurors cited the significance of the internal company documents statements regarding the health hazards and addictiveness of smoking.

To access the B&W papers online, computer users should type the following address: http://www.library.ucsf.edu/tobacco. The service is free for all users.

UCSF volunteers show they care

Almost 500 UCSF employees will volunteer their time to participate in the "Week of Caring," a series of activities that support community agencies and the people they serve throughout the Bay Area.

Beginning next week, UCSF employees will join the more than 3,000 volunteers taking part in the program, co-sponsored by United Way and the San Francisco Volunteer Center.

Volunteers will be reading to local elementary school children, working with teenage mothers at Florence Crittenton Services in San Francisco, and serving meals to more than 1,000 seniors at the Salvation Army Annual Senior Picnic in Golden Gate Park.

This year's Week of Caring also includes gardening and planting at the AIDS Memorial Grove in Golden Gate Park on Saturday, Sept. 21. Members of

(See **Caring** on page 7)

UCSF launches conservation campaign

By JOE ROSATO

UCSF will kick off a major campaign this fall aimed at raising awareness of the critical need to conserve energy and water on campus.

"The theme of our campaign is straightforward and means what it says: Save water. Save energy. It's the right thing to do," says Dave Bohler, manager at the UCSF Facilities Management Department.

Ideally, savings realized through such an effort would be funneled back into the University to finance improvements to make facilities even more energy efficient, he says. "That means we could see more efficient equipment and better working conditions for faculty, staff and students."

SAVE WATER ENERGY
IT'S THE RIGHT THING TO DO!

UCSF buys 94.4 million kilowatts of electricity from PG&E at the cost of $7.13 million and spends another $2.2 million for the 302 million gallons of water it consumes at all sites. The campus cogenerates 8 million kilowatts of electricity.

As an incentive to conserving, the campaign will offer awards to individuals who make energy and water-saving suggestions that can be successfully implemented at UCSF. In addition, students, faculty and staff will be asked to watch out for water leaks and report them to building managers. Research has shown that stopping a leak of just one drop per second in a sink could save 2,400 gallons of water per year.

A prize will be awarded to the winner in a contest to find the best name for the cartoon character that will be introduced

(See **Campaign** on page 3)

Energy legislation favors UCSF

Legislation deregulating the utility market is expected to be signed by Gov. Wilson, and it will not contain provisions that would have an adverse impact on UCSF.

The bill, AB 1890, was watched closely by UC officials because after labor costs, energy costs are the second largest expenses in the UC system, totaling about $80 million annually.

Lawmakers included the provision that allows an exemption for UCSF's cogeneration plant. Without the exemption, UCSF would have had to pay PG&E Co. a substantial fee for withdrawing from its power system. UCSF's plant, which will generate electricity and steam, is under construction and is expected to be completed in late 1997.

If imposed, the fee would have substantially reduced the savings UCSF would have generated, and made it difficult to pay off the revenue bonds necessary to construct the plant.

State lawmakers also rejected a provision that would have mandated that all state agencies and UC buy at least 25 percent of their energy from a renewable source energy provider. Since renewal energy is more expensive than PG&E's, it would have substantially raised the energy cost for the entire UC system.

Honors & Awards

Lindsey A. Criswell, medicine: Named a Pfizer Scholar, U.S. Pharmaceuticals Group of Pfizer.

Virginia Ernster, vice-chair, epidemiology: Received the Women's Faculty Award, UCSF.

Henry I. Goldberg, radiology: Received the Walter B. Cannon Medal of the Society of Gastrointestinal Radiologists.

Melvin M. Grumbach, emeritus chairman, pediatrics: Received the Lifetime Achievement Award, American Academy of Pediatrics.

Leonard Hayflick, anatomy: Received Lifetime Achievement Award, Society of In Vitro Biology.

Nelson S. Kobayashi, clinical pharmacy: Honored by Asian-American Recovery Services, Inc. for his "dedication, generosity and support throughout the years."

Stanley Prusiner, chairman, cellular and molecular biochemistry: Received the $50,000 International Prize in Virology, ICN Pharmaceuticals.

Rudi Schmid, emeritus professor, medicine: Elected member of the executive committee, German-American Academic Council.

Brian Schmidt, resident, oral & maxillofacial surgery: Received a $5,000 prize funded by Walter Lorenz Surgical, American College of Oral and Maxillofacial Surgeons.

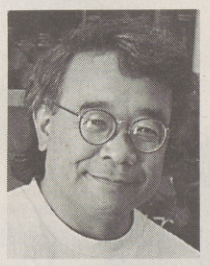
Sol Silverman Jr., stomatology: Received the Norton M. Ross Award for Excellence in Clinical Research, American Dental Association; recieved the Exemplary Service Award to the Chief Dental Officer, U.S. Public Health Service.

Appointments

Nancy Milliken: Appointed associate chair, clinical programs, ob/gyn & reproductive sciences. She is an associate clinical professor in the department and co-director of UCSF Women's Health, a multidisciplinary faculty practice dedicated to providing high-quality and individualized health care to women. Milliken's research focuses on ethical decision making in medicine, especially in the realm of reproductive health care. Her responsibilities are to coordinate and integrate clinical services for women across the department's many clinical programs and sites. Milliken believes that UCSF, with its high-quality clinical programs and excellent research capabilities, is uniquely positioned to provide leadership in improving women's health and health care.

Milliken

Harold E. Varmus, microbiology: Received the Steven C. Beering Award, Indiana University.


Yamamoto

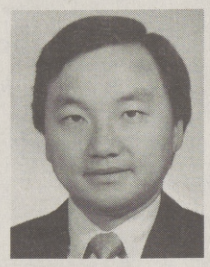
Keith Yamamoto, chairman, cellular and molecular pharmacology: Named to Peer Review Oversight Group and Chairman, Division of Research Grants Advisory Committee, National Institutes of Health.

Foundation elects four to board

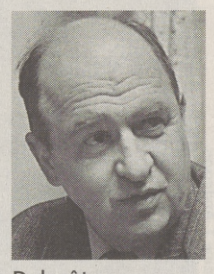
The UCSF Foundation elected four new members to its Board of Directors and ten others to its membership.

Paul E. Freiman, former chair and chief executive officer of Syntex Corporation, was re-elected chair of the board for a one-year term.

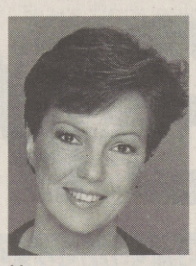
Venture capitalist Johnson Cha, French scientist Goéry Delacôte, civic leader and travel consultant Patti Hume, and chairman and CEO of Macy's West/Bullock's Michael Steinberg were elected to the board for three-year terms. Steinberg was also elected to the membership.


Cha

■ Johnson Cha is president of C.M. Capital Corporation, a diversified investment management firm based in Palo Alto. He is a founding partner in Charter Ventures, a company that specializes in seeding start-up ventures in the biomedical and electronics industries.

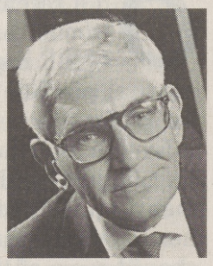

Delacôte

■ Goéry Delacôte is a well-known French scientist and science educator who serves as executive director of the San Francisco Exploratorium. He is professor of physics at the University of Paris, currently on leave.


Hume

■ Patti Hume is a travel consultant with Bryan International Travel and a well-known Bay Area civic leader. She is currently president of Smuin Ballets/S.F. and a member of the UCSF Diabetes Center Council, American Women for International Understanding, and the Junior League of San Francisco.

■ Michael Steinberg, UCSF Foundation Director, is the chairman and CEO of Macy's West, a division of Federated Department Stores Inc. Steinberg joined Macy's in 1993 after four years as president and CEO of the Foley's division of May Department Stores Company.


Steinberg

The other new Foundation members are: Stephen Bow, chair and CEO of Anthem Life Insurance Companies, chair and CEO of Community National Assurance Company, executive vice president of Associated Insurance Companies, Inc., and chair of Accordia of San Francisco; James Coristan, managing partner of Price Waterhouse in San Francisco; David Fong, senior vice president, pharmacy, of Long's Drug Stores; Bruce Freidman, partner in the law firm of Freidman, Olive & McCubbin; Elaine Koehn, past president of the UCSF Nursing Alumni Association; Cynthia Magowan, civic leader; William Oberndorf, general partner of San Francisco Partners; Paul F. Pelosi, president and owner of Financial Leasing Service; James Strand, general partner of Institutional Venture Partners; and John Young, vice president, pharmacy services, of Payless Drug Stores.

Established in 1982, the UCSF Foundation is a nonprofit corporation that develops and accepts private gifts to UCSF, and manages funds in support of UCSF's mission in research, teaching, patient care and public service. More than 100 distinguished community leaders, university administrators, faculty and alumni representatives are members of the Foundation.

UCSF gets grant for nursing home care

By REBECCA HIGBEE

The UCSF School of Nursing has received a three-year, $400,000 grant from the US Department of Health and Human Services, to develop a new nursing specialty to improve the quality of home care.

The grant will be used to establish a master's of science program in advanced practice home care nursing. It comes during an unprecedented growth in home care services and products due to the aging population and the changing health care environment, says the grant's principal investigator Carmen Portillo, assistant professor in the UCSF Department of Community Health Systems.

"More people are being cared for in the home for a number of reasons," Portillo says. "As the population ages, more people are experiencing chronic illnesses and disabilities that require home care services. In addition, chronic disease, such as HIV infection among the younger population, has increased the need for home care services."

About 9.5 million people in the US need assistance at home with activities of daily living, such as eating, dressing and bathing, Portillo says. And advances in home care technology now allow dozens of complex illnesses once treated almost exclusively in the hospital to be treated more cost-effectively at home.

The UCSF grant will be used in part to train graduates for a highly technological environment, helping them gain the knowledge and skills necessary to use and monitor advanced medical devices in the home, as well as computer-based systems to manage patient care.

The UCSF grant will prepare graduates to conduct comprehensive health assessments, diagnose and treat complex responses of individuals, families and communities to actual or potential health problems, manage acute and chronic illness, and promote wellness. Graduates will be prepared to integrate education, research, care management, leadership and consultation into their clinical role.

Spending for home care in the US reached $8.5 billion in 1990, an increase of more than 400 percent since 1980. Medicare and Medicaid now pay almost 75 percent of the nation's home care bill.

Managed care has become a major factor in the availability of home care services. Since the 1980s, enrollment in Medicare HMOs has increased at a very high rate, resulting in an economic advantage for the payer to place its members in the least costly care environment. "This continued growth has increased market competition as well as the potential for profit motives to negatively affect the quality of care," Portillo says.

At the same time, capitation — in which an HMO pays a fixed monthly fee in advance of services — is complicating the fee structure of home health agencies. While most agencies operate under a traditional Medicare "fee-for-service" pay system, in which home visits are viewed as revenue generators for the HMO, under capitation, home visits cost the HMO money.

On the other hand, HMOs view home health agencies as "cost-avoidance centers," meaning that the HMO uses home health services instead of more costly health care strategies, like hospitalization or emergency room visits, according to Portillo.

To remain competitive in the managed care environment, home health agencies must change their service delivery patterns to care for patients 24 hours a day, seven days a week. "This causes problems for most home care organizations," Portillo says, "because these agencies lack up-to-date information systems to assess the cost of care that can be translated into a 'per person per month' cost, preventing them from negotiating appropriate capitated contracts."

Graduate nursing students enrolled in the UCSF advanced practice home care nursing program will work with licensed home health agencies in San Francisco. Students also will be placed into homes under the care of the UCSF/Mount Zion Home Care Agency. At the same time, UCSF will develop relationships with other home care agencies for student placements.

The UCSF Department of Community Health Systems offers graduate study in five other specialty areas: adult nurse practitioner, community health, nursing administration, occupational health, and psychiatric/mental health. All programs require two years to complete and prepare students for advanced practice.

Private Support

UCSF is pleased to acknowledge the following listing of gifts/pledges of $25,000 or more from individuals, corporations and foundations received August 1-15, 1996.

$100,000 - $499,999
Glaxo Wellcome Inc.
Thomas A. Oliver, Class of '39
Pacific Vascular Research Foundation
The Zaffaroni Foundation

$25,000 - $99,999
Carnegie Corporation of New York
Nancy Davis Foundation for Multiple Sclerosis
Genentech Foundation for Biomedical Sciences
Hoffmann-La Roche Inc.
The MacKenzie Foundation
Megabios Corporation
Ortho Pharmaceutical Corporation
Pharmagenesis
Skin Biology Inc.
Smith & Nephew Group Research Center

Contracts & Grants

Marylin Dodd, nursing & Academic Affairs: Received $10,000 from the Oncology Nursing Foundation for "RT-Induced Mucositis Sucralfate vs. Salt & Soda Mouthwashes"

Philip C. Hopewell, professor of medicine, SFGH: Received $298,000 from the Robert Wood Johnson Foundation in continued support for its program, "Old Disease, New Challenge: Tuberculosis in the 1990s."

Robert Newcomer, medical sociology: Received $180,927 from the Commonwealth Fund to support a study of the prospects for expansion and quality concerns of residential care facilities.

Howard Pinderhughes, social and behavioral sciences: Received $91,000 from the Carnegie Corporation for research on improving inter-ethnic and interracial relations among children and youth.

Laurence Tecott, psychiatry: Received $300,000 from the EJLB Foundation for "Murine Model to Analyze Serotonin 5HT(2C) Receptor Function."

UCSF AIDS Clinical Trial Unit at SFGH: Received $1.6 million from the Adult AIDS Clinical Trials Group of the National Institute of Allergy and Infectious Diseases for the first year of a four-year grant.

UCSF Newsbreak

(ISSN0891-6063) Volume 11, Number 15, Sept. 14-27, 1996 (two weeks). Published by the University of California, 3333 California Street, Suite 103, San Francisco, CA, 94143-0462, 21 issues per year — biweekly, except monthly during July, August and December. Second-class postage paid at San Francisco, CA. POSTMASTER: Send address changes to UCSF Newsbreak, Public Affairs, University of California San Francisco, Laurel Heights, 3333 California Street, Suite 103, San Francisco, CA 94143-0462.

Deadline for the next issue, to cover Sept. 28–Oct. 11, 1996, will be on **Tuesday, Sept. 17, at 11 a.m.**

Please send campus and Medical Center news to Lisa Cisneros, 476-3256 or lisa_cisneros@quickmail.ucsf.edu, and calendar items to Brad Foss, 476-3163 or brad_foss@quickmail.ucsf.edu both at Box 0462. Fax last-minute copy to 476-3541.

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PRINTED WITH SOYBEAN INKS

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SERVING SAN FRANCISCO'S NEEDIEST

Students deliver basic care to homeless

By BRAD FOSS

On any given night, a few hundred men dwell at the South of Market Multiservice Center, a homeless shelter resembling a warehouse at the corner of Fifth Street and Bryant. The cacophony of post-dinner chatter and a blaring television echo throughout much of the shelter's first floor, although one area is noticeably serene.

There, behind the shelter's information desk, first- and second-year UCSF medical students serve San Francisco's homeless at a free health clinic on Tuesdays and Thursdays. For the homeless here, mostly men, it is a place to receive care and compassion while being able to voice their frustrations about the cards life has dealt them.

"A lot of it is just being interested in listening to the patients' stories," says Jacqueline Peterson-Tulsky, a general internist at SFGH. She and Brian Desmond, an assistant professor in the department of family and community medicine, received the Chancellor's Award for Public Service this spring for their work as mentors in the UCSF Student Homeless Health Project.

Second-year medical student Kristen Jacobs says allowing the patients to "vent" is essential to understanding their health condition. On one occasion, Jacobs and her mentor determined that a man with a cold was actually suffering from a seizure disorder resulting from years of drug abuse and head trauma from a physical altercation. "We feel like it's really important to get to know the whole person to really understand their condition," Jacobs says. "We're learning a lot just by virtue of being here."

Indeed, the wide-eyed doctors-to-be get a chance to apply what they've learned at the University by treating patients at the clinic. "You just don't appreciate the magnitude of their situation until you meet them," says Hubert Wong, a second-year medical student. "It makes the classroom a lot more relevant when you see a patient and learn about them."

The health project was initiated four years ago by four first-year medical students who became familiar with the needs of San Francisco's homeless population while volunteering at soup kitchens. The project has provided basic health care and has connected this displaced population with other health services ever since. Recent figures indicate that more than 5,000 patients have been seen since the project began.

"It has grown based on the interest of each year's students," says Peterson-Tulksy. "It really has a life of its own."

The clinic has become so popular that, at times, more students sign up to volunteer than there are available positions. Today, half of all first-year medical students are project volunteers, as are nurse practitioner, psychiatry, and dentistry students.

With medical supplies donated from the City and County of San Francisco, the program has expanded to a Wednesday night clinic and a Saturday morning clinic for women at the Sixth Street Residents and Merchants Association Homeless Shelter. This health clinic sees about 800 men, women and children each year. A weekly drop-in support group is also available at the Fifth Street center.

Students are assisted by volunteer UCSF faculty mentors, or "preceptors," in diagnosing patients and devising a treatment plan, which usually includes health education and a follow-up visit. Preceptors monitor the students, who conduct physical exams and tuberculosis tests, dole out Tylenol and cough syrups and offer medical advice.

Patients sign up for clinic visits each night, but only a handful are triaged into the program. They are hailed from the boisterous common area by students wearing white lab coats and stethoscopes and brought into the clinic for an interview and physical exam. "We want to get an idea of what's going on in their lives rather than giving them a quick Band-Aid," Wong says.

Christine T. Anderson

Michele Gomez, a second-year medical student, examines James W. Broberg Jr. at the homeless health clinic at the corner of Fifth Street and Bryant.

The clinic does not solve most of the patients' problems in one night, rather students try to set the homeless on a path to wellness.

"Most of the people we see have been disenfranchised from mainstream society," says Dan Wlodarczyk, an associate professor of clinical medicine who has been an advisor to the project for several years. "They have had multiple dissatisfying encounters with the medical system.

"One of the goals of the clinic is for the homeless to have a positive interaction with the medical system. The clinic is a hook to try to catch homeless people and to connect them with the services, health and psychosocial, to remedy their situation."

Typical patient visits are precipitated by a specific medical problem, but some are also curious about where they can be tested for AIDS, receive drug and alcohol treatment or just take a shower.

"A lot of what we do is figure out what the problem is and where the person can go for treatment," says Kyra Minninger, a preceptor at the clinic who teaches Psychiatry 100.

Mental illness is common among the patients at the clinic, and although Minninger encourages people to seek more extensive mental health services, she worries that many go untreated due to a lack of resources for long-term mental health care. The health project is not set up to administer psychiatric medication or give long-term care.

Students who want to volunteer must register for a basic doctoring course to learn interviewing skills, how to take a patient's blood pressure and how to administer TB tests. To volunteer as a preceptor, contact Teresa Villeila, family and community medicine, at 206-6881 or Wlodarczyk at 476-4082 ext.423.

Campaign (from page 1)

in the next issue of Newsbreak. In the months ahead, look for more news about the campaign identified by the logo on page 1.

Campaign planners hope to foster friendly competition among sites at all UCSF locations to see where people can save the most water and energy. The campaign launch stems from a recent decision by the state legislature that froze utility budgets, meaning the UC system had to pay its utility bill with funds already allocated. That decision also said, though, that the University could keep any funds it saved through a conservation program.

Paramount to UCSF's conservation efforts, the campus is constructing a cogeneration plant, to be completed in 1997, to generate electricity and steam at a rate cheaper than offered by PG&E. While this project is key to future savings, Bohler credits the work of individuals, including Dick Chan, senior administrative analyst in UCSF Medical Center building management, as leaders in energy-saving measures. Chan's project saved about $568,000 in Medical Center utility costs last year.

With the distinction of being the single largest energy user in the San Francisco district served by PG&E, campaign organizers are appealing to the campus community for cooperation. UCSF has seen a continuing increase in energy consumption fueled by the installation of air conditioning units, new laboratory equipment and ongoing lab renovations. The University hopes at least to reduce the rate of increases in utility usage.

And while 1996 has not been a drought year so far, lack of precipitation later could deplete reservoirs. The Parnassus campus alone drained nearly 250 million gallons of water from the Hetch Hetchy Reservoir last year.

Genetics Clinic (from page 1)

the signs of a chromosomal defect known as velocardiofacial syndrome. Blood tests subsequently confirmed their suspicions. The boy was referred for follow-up care, as the syndrome can be accompanied by heart and kidney problems, and physical defects that sometimes can be surgically corrected. The boy's parents were relieved to have a diagnosis in hand and have since joined a support group for families with the syndrome.

"People want to know. People don't like having things that are wrong without knowing what they are. If you know what they are, then you know how they came about — the cause," says Charles Epstein, a professor of pediatrics who founded the clinic 29 years ago. A definitive diagnosis may shed light on whether other family members are at risk and suggest the possibility of prenatal diagnosis, he says. "It also allows you to give a prognosis — what to expect. And it allows people to stop searching," Epstein says.

Every year, some 500 families from throughout Northern California are seen in the clinic, which also has served as a training ground for many of the medical geneticists now practicing in the Bay Area and elsewhere around the country. The clinic pioneered the practice of providing psychological counseling to these families, as a diagnosis can have myriad social, emotional and clinical consequences, Epstein says.

"There is often a tremendous element of guilt in these families," says Zanko, the genetics counselor. In Evelyn's case, "Here is a mother who looks at her children and wonders, 'Did I do something to cause this?' If we can diagnose the condition, the parent understands the genetic contribution and is relieved of self-blame. So psychologically, an explanation can be a great relief for families."

Evelyn's case, however, might not be so easily resolved. She already has been tested to see if she carries the gene for at least two different neurodegenerative diseases, and somewhat to the surprise of her UCSF caregivers, the tests have been negative. They are now circulating her history among other specialists around the country to see if anyone has seen a similar case, says Frank Longo, an associate professor of neurology who has provided care for Evelyn and her family.

"It raises the possibility that she has a syndrome that hasn't been identified yet," Longo says. "It's not that rare to have a patient or family that doesn't immediately fit a known diagnosis. Many genes have yet to be discovered, and the relationship of some known genes to disease isn't understood."

As more and more genes are identified, particularly for such common ailments as cancer, demand for the Genetic Clinic's services are likely to increase, Epstein says. "When we started the clinic, there were relatively few specific tests for genetic diseases. DNA diagnosis didn't exist. Prenatal diagnosis didn't exist. Now there certainly are more things that can be done, more areas where we can be involved."

INSIDE UCSF

Considerable consumption on campus

Hoping to reduce water and electricity usage as much as possible, UCSF kicks off a campuswide awareness campaign this fall to help us all conserve. (See story on page 1.)

WATER

251 million
gallons used
at Parnassus
at a purchase cost of
$1.8 million

ELECTRICITY

80 million
kilowatt hours used
at Parnassus
at a purchase cost of
$5.6 million

The Parnassus campus uses enough water each year to fill the Health Sciences East tower ten-and-a-half times and enough electricity to power the average San Francisco household for 160,000 years.

Source: Facilities Management

Sept. 14–27, 1996

16 Monday

WEEK OF CARING BEGINS

Through Sept. 21, volunteers help deliver meals to AIDS patients, build a sandbox for children and work with teen-aged mothers. See story on page 1.

DEAN'S RESEARCH SEMINAR SERIES: *Neurofibromatosis: Genetic and Biological Aspects of the Disease.* Frank McCormick, Cancer Research Institute, and Kevin Shannon, pediatrics. N 225. 3:30-5 p.m. Call 476-2342.*

GREAT EXPECTATIONS FOR WOMEN'S HEALTH: Caroline Young, pediatrics, presents Caring for a New Baby, in Sickness and in Health. A 326. 6:30-7:30 p.m. Call 476-6667 to register.*

17 Tuesday

BROWN BAG LECTURE SERIES: *Managing Your Way Through Managed Care.* Presented by Robert J. Margolin, medicine. Herbst Hall. 12-1 p.m. Call 476-4394.*

FAMILY COMMUNICATION WORKSHOP SERIES: Each Tuesday through Oct. 1. Dinner and child care provided. UCSF/Mount Zion Pediatrics & Teen Services, 2330 Post Street, Suite 320. 5:30-7:30 p.m. Call 885-7742 for reservations.*

INSTITUTE OF HEALING ARTS AND SCIENCES MEDITATION CLASS: 6:30-9:30 p.m. Call 563-4459 for location.*

18 Wednesday

REGISTRATION FOR ALL STUDENTS BEGINS

ONE-DAY TB COURSE: A free course that covers tuberculosis epidemiology, transmission, screening, prevention, diagnosis, treatment and infection control. Location to be announced (not at Francis J. Curry National Tuberculosis Center as previously listed). 8:30 a.m.-4:30 p.m. Pre-registration required. Call 502-7907.*

BROWN BAG LECTURE SERIES: Neil Fiore, National Speakers Association, presents *Transforming Your Life: How to Change Before it's Too Late.* Participants will learn to be more productive with their time. N 225. 12:10 p.m. Call 476-4394.*

UCSF-FRESNO MEDICAL EDUCATION LECTURE SERIES: Lecture topics include approaches to neurology, complications of arterial surgery, ethics, sports medicine and advances in cardiac resuscitation. 12:30 p.m. at the Valley Medical Center. 4:30 p.m. at the VAMC, Fresno. Call UCSF-Fresno Office of Postgraduate Education at (209) 225-6100, ext. 5419.*

COMPREHENSIVE WEIGHT MANAGEMENT PROGRAM: 12:30-1 p.m. Millberry Conference Center. Free. Call 476-1115.

OUTDOORS UNLIMITED KAYAKING ORIENTATION: Fundamentals of sea kayaking, plus guidelines for getting into the Sea Kayaking Clinic. 7 p.m. Millberry Conference Center. Call 476-0417.

GREAT EXPECTATIONS FOR WOMEN'S HEALTH FILM SERIES: Labor Support and Medication During Childbirth, a video presentation and discussion about the uniqueness of each birth experience. ACC. 7-8 p.m. Call 476-MOMS for registration.*

19 Thursday

IMMUNIZATION UPDATE

UCSF School of Nursing presents second annual Centers for Disease Control Immunization Update. This interactive distance learning update will discuss the latest information about pediatric vaccines. N 225. 8-10:30 a.m. Registration starts at 7:45 a.m.

MACY'S PASSPORT '96 FASHION SHOW BENEFIT: See page 5 for story.

Allen J. Balderson

BROWN BAG LECTURE SERIES: *Health Issues for the Prime Time.* Nurse practitioner Janis Luft presents a lecture on what today's woman should know about sexuality, heart disease and menopause. Room 125, Mission Center. 12-1 p.m. Call 476-4394.*

20 Friday

INSTITUTE OF HEALING ARTS AND SCIENCES PRESENTATION: *American Sufism: Message for Our Time.* Mary Zubin Benoit will speak about how to practice the message of spiritual liberty in daily life as seen through the eyes of an American Sufi. N 721. Noon-1 p.m. Call 330-5353.*

21 Saturday

WORKSHOP ON CHILDFREE WOMEN

Tracy Weitz, Ob/Gyn and Reproductive Sciences, and Beth Brown, medical effectiveness outcomes group, explore why women make the decision to be childfree, the social pressures they experience as a result, and the effect it has on their lives. S 172. 9:30 a.m.-4:30 p.m. Call 476-5222 to pre-register.*

UCSF AT GIANTS GAMES: UCSF sponsors a booth with information about its services and programs during pre-game festivities at the San Francisco Giants games on Saturday and Sunday, Sept. 21-22. 3 Com Park.*

23 Monday

BROWN BAG LECTURE SERIES: Richard Abbott, ophthalmology, presents *Better Vision Now*, a look at new surgery options for the correction of nearsightedness and astigmatism. UCSF Beckman Vision Center, 8 Kirkham. 6 p.m. Call 476-5021.*

24 Tuesday

NEW EMPLOYEE ORIENTATION: S 214. 8:30-10:30 a.m. Call Lenard Florendo at 476-1073 to schedule.

INSTITUTE OF HEALING ARTS AND SCIENCES MEDITATION CLASS: 6:30-9:30 p.m. Call 563-4459 for location.*

CONTINUING EDUCATION

MEDICINE

Stroke Prevention and Management in the Primary Care Setting: Update 1996. Saturday, Sept. 28. Ana Hotel,SF.

Eleventh Annual Primary Care Medicine: Principles & Practice. Wednesday through Friday, Oct. 9-11. Ana Hotel, SF.

Minimally Invasive Techniques for Facial Rejuvenation. Thursday through Sunday, Oct. 17-20. SF.

Office-Based Orthopaedics for the Primary Care Physician. Thursday through Sunday, Oct. 17-20. SF.

Annual Advances Seminar in Urologic Surgery: Innovations in Urologic Surgical Techniques. Friday and Saturday, Nov. 8-9. Sheraton Palace Hotel, SF.

DENTISTRY

Endodontic Insights: State of the Art Concepts & Methods. Friday, Sept. 20. $149/$99.

Medical Billing Strategies for the General Dental Practice. Saturday, Sept. 21. $149/$99.

CCDE Fall Participation: RDA/RDH Extended Functions. Sept.-Nov. $1,995.

Temporomandibular Disorders, Orofacial Pain and Occlusion Study Group. October 1996-June 1997. $1,895.

For more information, call 476-1101.

DEVELOPMENT & TRAINING

Supervisor's Training Program. Tuesdays, Sept. 17, 24, Oct. 1,8. 8:30 a.m.-noon. $130.

Processing Independent Consulting Agreements. Wednesday, Sept. 18. 8:30 a.m.-noon. $40

Interaction Management Tactics. Wednesdays, Sept. 25, Oct. 9, 23, Nov. 6, 20. 8:30 a.m.-4:30 p.m. $300.

Post Award Management of Extramural Funds. Wednesday, Sept. 25 and Friday, Sept. 27. 8:30 a.m.-12:30 p.m. $60.

Pre-Supervisory Training. Wednesdays & Fridays, Oct. 2, 4, 9, 11. 9 a.m.-noon. $100.

Vendor Payments. Thursday, Oct. 3. 8:30 a.m.-noon. $40.

Interaction Management Tactics. Thursdays, Oct. 3, 10, 24, 31, Nov. 7, 21. 8:30 a.m.-4:30 p.m. $300.

For more information, call 476-4032.

CRIME PREVENTION

Presented by UCSF Police Department Crime Prevention Program. Call 476-5683 for reservations.

Crime Prevention Presentations. By appointment to campus departments and employees in the workplace.

RAPE PREVENTION

Classes, workshops and support groups sponsored by UCSF Rape Prevention Program. Call 476-5222.

Personal Safety, Rape and Assault Prevention Presentations. By appointment to campus departments and employees in the workplace.

AIDS/HIV SUPPORT

Anonymous and confidential caring, support and training for people with AIDS, those who have tested HIV-positive and others affected by the epidemic. Sponsored by UCSF AIDS Health Project, unless otherwise noted. Call 476-6430 for administrative office. Call client services at 476-3902 to schedule required intake interviews for groups (except drop-in group).*

Individual Risk Assessment and Referrals. By appointment.

Facilitated Ongoing Groups. For persons with HIV/AIDS and for caregivers, including a group for women caregivers.

Facilitated Time-Limited Groups. For HIV- gay and bisexual men, for HIV+ asymptomatic persons and for HIV+ heterosexual African-American men.

Monday Night Drop-in Group for HIV+/PWA. Call 476-3902 for location.

Drop-in Support Group for Women Living with HIV/AIDS: Meets every Monday. Free child care and beverages provided. Sponsored by Woman and Children's Specialty Program. A 45. 11 a.m.-1 p.m. Call 476-2417 or 476-7795.

COMPUTER TRAINING

Will resume in October. Call 476-6825 for class schedule.

25 Wednesday

UCSF-FRESNO MEDICAL EDUCATION LECTURE SERIES: 12:30 p.m. at the Valley Medical Center. 4:30 p.m. at the VAMC, Fresno. Call UCSF-Fresno Office of Postgraduate Education at (209) 225-6100, ext. 5419.*

BROWN BAG LECTURE SERIES: Jay Luxenberg, medicine, presents *Healthy Aging for Men: A User's Guide.* N 225. 12:10 p.m. 476-4394.*

26 Thursday

EMBRACING RAINBOWS BEGINS

Events celebrating diversity. See page 5.

TAY-SACHS SCREENING: Part of the California Tay-Sachs Disease Prevention Program for pregnant couples. Sponsored by the Reproductive Genetics Clinic. 350 Parnassus, Suite 810. Opens at 9 a.m. Call 476-4080 for appointment.*

27 Friday

INSTITUTE OF HEALING ARTS AND SCIENCES PRESENTATION: *Natural Progesterone.* John Lee talks about the role of progesterone in human health, the causes of progesterone deficiency, and their implications concerning the health future of human kind and other species. N 721. 12-1 p.m. Call 330-5353.*

Family day features live entertainment

A cappella artists, PMS, are part of the entertainment lined up for UCSF Family Day at Waterworld in Concord on Saturday, Sept. 28. The trio of singers includes Mary Lambert, hospital unit coordinator at the UCSF Adult Intensive Care Unit, center.

Also slated to sing at the amusement park is singer Elaine Dempsey, a recreational therapist at LPPI.

The event offers something for everyone, including water slides, beach volleyball and bingo games. Tickets are $10 per person, a price that covers park admission, entertainment and a barbecue lunch. Children age 3 and under are admitted free. Tickets can be purchased at all EMPACT! ticket locations. Parking costs $2.

What's Happening

Regular meetings and ongoing support groups

Sunday

Healing Garden Working Days: Second and fourth Sundays. 2-4 p.m. UCSF/Mount Zion Cancer Center Healing Garden, 2356 Sutter. Call 885-3693.*

Monday

Art for Recovery: Monday and Thursday afternoons. Cancer Center, Infusion Center, second floor. Call Cindy Perlis at 885-7221.

Drop-in Support Group for Women Living with HIV/AIDS: Free lunch and beverages provided. A 45. 11 a.m.-12:30 p.m. Call 476-2417 or 476-9289.

Health Professionals in Recovery: For physicians, nurses, dentists, pharmacists, PhDs and others. Anonymous, 12-step emphasis. Meets twice a month. Noon. Call 476-8279.

Alcoholics Anonymous Meeting: Closed meeting: Conference Room 3, first floor, MCB. 12:05 p.m. Call 621-1326.

Friends of Lois Al-Anon Meeting: Closed meeting: for friends & families of alcoholics only. Room 521, MCB. Noon. Call 626-5633.

Breast Cancer Support Group: J 223, UCSF/Mount Zion Cancer Center, 2356 Sutter. 6-7:30 p.m. Call 885-3693.*

Colorectal Cancer Support: Second and fourth Mondays. Room 114, UCSF/Mount Zion Cancer Center, 2356 Sutter. 6:30 p.m. Call 885-3693.*

Melanoma Support Groups: Meets first and third Mondays for patients and family members. Room 114, UCSF/Mount Zion Cancer Center, 2356 Sutter. 6:30-8:30 p.m.*

AIDS Health Project Meditation & Self-Hypnosis Workshop: Weekly discussion group for anyone dealing with HIV or AIDS in themselves or others. Gazebo Room, Davies Medical Center 7-9 p.m. Call 476-3902.*

Tuesday

SFGH Circle of Sisters: Monthly networking forum for black women working and studying at UCSF/SFGH. Call 206-8314.

UCSF Staff Council Meeting: Third Tuesdays. Noon-2 p.m. Call 476-9977 for location.

MHONA: For victims of trauma with cross disabilities. Ages 15 & over. A 222, LPPI. 10 a.m.-noon. Helpline at 759-7923 provided daily, 7 a.m.-10 p.m.*

Exercise & Physiology Class for Cancer Patients & Survivors: Mount Zion Cardiac Care Gymnasium. 12:30-1:30 p.m. Pre-registration required. Call 885-3693.*

Institute of Healing Meditation Class: Every second, third and fourth Tuesdays. C 417. Call 563-4459.

Campus Amnesty International Meeting: First Tuesdays. MU 111W. Noon-1 p.m. Call 566-8406.*

Gospel Choir Rehearsal at UCSF: Weekly at MCB. Noon. Call 502-0106.*

Parkinson's Disease Education & Support Group: For people with Parkinson's & their caregivers. Third Tuesdays. Christ Church, Lutheran, 1090 Quintara (at 20th Ave.). 2-4 p.m. Call 476-9276.*

Parnassus Players: UCSF's theater group meets first Tuesday at Millberry Union Conference Center. Times vary. Call 921-3231.*

Nurses' Pain Association Meeting: Second Tuesdays. C 254. 5:30-7:30 p.m.*

Brain Tumor Support Group: First Tuesdays. C 130. 7:30-9 p.m. Call 284-0208.*

Wednesday

Gay, Lesbian, Bisexual Association at UCSF Meeting: Second Wednesdays. Members of the Chancellor's Committee on Gay, Lesbian & Bisexual Issues attend. Call 282-9650.

Support Group for Family/Friends of Those with Mental Illness: For those interested in psychiatric disorders and treatments. Call Laura Deering-Mayclin at 476-7394.*

Elder Care Support Group: Wednesdays, Sept.4-Nov. 6. C 258. Noon-1 p.m. Call 476-2692 to register.*

Latin American Campus Association Meeting: Second Wednesdays. HSW 508. Noon. Call Lucia DeLeon at 476-2010.

Latin Women Coalition: For Latina faculty, staff and students. Noon-1 p.m. Call 476-7117.*

Parnasus Al-Anon Meeting: For friends and families of alcoholics. Observers welcome. C 417. Noon-1 p.m. Call 626-5633.*

Tai Chi Classes: Staff welcome. UCSF/Mount Zion Cancer Center. Healing Garden, 2356 Sutter. Noon. 885-3693.*

MHONA: For victims of trauma with cross disabilties. Ages 15 & over. Two locations & times: A 222, LPPI, 1-3 p.m., and N 517, 7-10 p.m. Helpline also provided daily, 7 a.m.-10 p.m. at 759-7923.*

Trauma/Injury Support Group: First and third Wednesdays. SFGH Library, Bldg. 30, room 3101. 2:30-4 p.m. Call Laurie Barkin at 206-8402 or Dr. Yigal Ben-Haim at 753-1000.

San Francisco City Chorus Rehearsal: 7 p.m. Call 765-SONG.

Eating Disorders Support Group: Open to anyone dealing with an eating disorder in themselves or others. Meets first and third Tuesdays. M 688. 7-8:30 p.m. Call 332-3425.*

Co-Dependents Anonymous Meeting: 12-step program for people with dysfunctional relationships. A119, LPPI. 8-9:30 p.m. Call 432-3529.*

Thursday

AWAKE Meeting: Alert, Well And Keeping Energetic is a support and education group for people with sleep apnea and their families. Third Thursdays. Bring CPAP equipment for check-up. Call 885-7886.*

Dance Therapy Class for Cancer Patients and Survivors. Release tension, regain confidence and explore personal meanings of illness. 10:30 a.m.-Noon. UCSF/Mount Zion Cardiac Care Center. Pre-registration is required. Call 885-3693.

Gospel Choir Rehearsal at UCSF: Weekly rehearsals at Parnassus. Noon. Call 502-0106.*

Head & Neck Cancer Surgery Support Groups: Separate groups for patients and families meet simultaneously on second and fourth Thursdays. J 221, UCSF/Mount Zion Cancer Center, 2356 Sutter. 1-2 p.m. Call first 885-7623.*

Association of Clinical Research Nurses Meeting: Meets every other month, alternating between UCSF and Stanford. 5:45-7:30 p.m. Call 476-0683.*

Support Group for Women Living with Life-Altering Illness: Alternate Thursdays. 6-8 p.m. Call 775-2854 to pre-register.*

Friday

Circle of Sisters: Networking forum for black women working and studying at UCSF. Second and third Fridays. Noon-1 p.m. Call 502-5666.

Weight Watchers Meeting: S 159. Noon-12:45 p.m. Call 476-6148 or 476-6241.*

Alcoholics Anonymous Meeting: Closed meeting: C 417. 12:10-1 p.m. Call 621-1326.*

Lakeside Senior Medical Center Caregiver Support Group: First Fridays. $10 per meeting. 2501 Ocean Ave. at Junipero Serra. 2-4 p.m. Call 986-2305.

For information on 12-step and support groups call the Bay Area Self-Help Center at 772-4357 or the Mental Health Association of San Francisco at 882-6230.*

Newsbreak deadline

Tuesday, Sept., 17, 1996 is the deadline for items to be listed in the next calendar, which covers Sept. 28-Oct. 11, 1996. Information must be received in Public Affairs in writing by 11 a.m. Send information for the calendar to Brad Foss at (brad_foss@quickmail.ucsf.edu), mail it to Box 0462, send a fax to 476-3541, bring it to UCSF/Laurel Heights, 3333 California St., Suite 103 or call 476-3163. To submit an article for Newsbreak/Medsounds send email to Lisa Cisneros at (lisa_cisneros@quickmail.ucsf.edu) or fax her at 476-3541.

*OPEN TO THE PUBLIC

Breast cancer screenings

Women can have low-cost mammograms — X-rays to screen for breast cancer — from a UCSF mobile van that travels to convenient locations in the Bay Area.Women need the approval of their physician, in addition to their doctor's full name, address (including room number & zip code) and phone number to assure that results are mailed promptly. The procedure takes about 20 minutes and costs $65. Call 476-2193 between 9 a.m. and 3 p.m. to make an appointment.* Listed below are dates when the van will be parked at UCSF locations. Call 476-2193 for a full schedule.

- Thurs., Oct. 3: UCSF/Parnassus at Medical Center Way.
- Wed., Oct. 30: UCSF/Parnassus at Medical Center Way.
- Fri., Nov. 1: UCSF/Parnassus at Medical Center Way.

UPCOMING EVENTS

AIDS fashion show

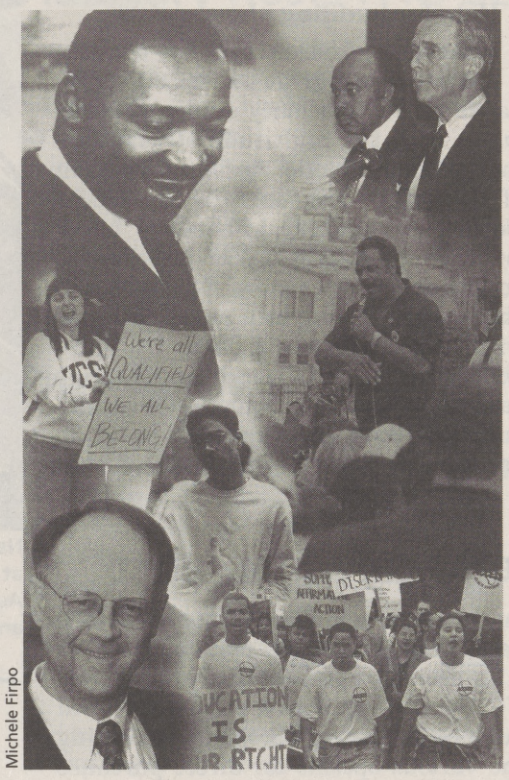
Elizabeth Taylor, Earvin "Magic" Johnson and Sharon Stone will join forces as chairs of the Macy's Passport show, "On the Edge – An Evening of Fashion and Compassion," at San Francisco's Fort Mason Center, Sept. 19 and 20.

Now entering its 14th year, the event has raised $2.7 million for 100 AIDS groups since 1988.

Five leading AIDS organizations that benefit from the extravaganza are: American Foundation for AIDS Research, Magic Foundation Inc., Project Open Hand, The Elizabeth Taylor AIDS Foundation and UCSF/Macy's Center for Creative Therapies.

To reserve tickets, call Project Open Hand at 252-2782, BASS at 510-762-BASS or go to Macy's Union Square. For more information, call 1-800-287-7426.

Celebrate diversity



Michele Firpo

A debate, film screening, poetry reading and lecture are planned for an upcoming series of free events to celebrate diversity and affirmative action, sponsored by the group Embracing Rainbows.

The pros and cons of Proposition 209, also known as the California Civil Rights initiative, will be held at Saunders Court, Thursday, Sept. 26, from noon to 1:30 p.m. The executive director of Equal Rights Advocates, Irma Herrera, and the CEO of Wall Street Analytics Inc., Ron Unz, will speak. On Thursday, Oct. 3, the film, "The Color of Fear," will be shown in Cole Hall at 7 p.m.

A poetry reading and live musical performance will be held on Friday, Oct. 18 at Toland Hall from noon to 2 p.m. Interested poets are invited to submit short poems on the themes of diversity, multiculturalism and affirmative action. Send submissions to: Embracing Rainbows Poetry Reading, c/o Nellie Wong, UCSF, Box 0988. Deadline for submissions is Monday, Sept. 30.

The series culminates on Thursday, Oct. 24 with a lecture by Rev. Cecil Williams of Glide Memorial United Methodist Church in room HSW 302. To help plan these activities, call Sylviaette Gamble at 476-5222.

Learn investing basics

An introduction to stocks, bonds and mutual funds will be the topic of a workshop sponsored by the UCSF Women's Resource Center on Saturday, Sept. 28, 10 a.m.-1:30 p.m., S 214. Participants will learn how to create a financial portfolio as well as become familiarized with the basic tools of financial analysis. The workshop will be led by Leona Lau, a certified financial planner and an enrolled agent specializing in complete planning and education programs in financial planning and money management. Cost is $40. Pre-registration is required. Call 476-5222.

Primary care day

The third annual National Primary Care Day will be held on Wednesday, Oct. 9, from 11 a.m. to 5 p.m. in Cole Hall and other locations to be announced. This year's keynote speaker will be Denise Rodgers, vice-chair, family and community medicine. The event is sponsored by the Association of American Medical Colleges' Office of Generalist Physician Programs, and has been held at all US medical schools every fall since 1994. The day recognizes and celebrates primary care medicine and the career opportunities available to generalists. Organizers hope the day will demonstrate a commitment by medical students and schools to meet the need for primary care physicians. For more information, call Terri Baldocchi in the Office of Student Affairs at 476-8081.

Disabled artists exhibit

"Able to Create," an exhibit featuring the works of artists from the National Institute of Art and Disabilities (NIAD) will visit the Millberry Union Conference Center next month. Drawings, paintings, prints and sculpture will be shown.

"Able to Create" will be on display Thursday, Oct. 10 from noon to 9 p.m. and on Friday, Oct. 11 from noon to 7 p.m. A smaller exhibit will be shown in the glass cases in the Medical Sciences Building lobby Sept. 30 through Oct. 11.

NIAD, which was founded in 1984 by former UCSF faculty member Elias Katz, has been acknowledged by the National Endowment for the Arts as a model program for artists with disabilities. NIAD's galleries have become the prototype for 27 similar centers in the US and abroad. Katz will speak about this growing international movement Thursday, Oct. 10 at noon. The exhibit is being sponsored by UCSF, Arts and Performances, the Office of ADA Coordination, the Office of Student Relations and the Department of Affirmative Action/Equal Opportunity (DAAEO). For more information, call the DAAEO at 476-4752.

Race for the Cure

The San Francisco Chapter of the Susan G. Komen Breast Cancer foundation will hold the Sixth Annual Race for the Cure on Sunday, Oct. 20 beginning at Sharon Meadow in Golden Gate Park. The event offers both the 5K men's and women's run and a one-mile walk.

Proceeds from the race finance educational programs, free mammography screenings and follow-up examinations for Bay Area women with limited resources, as well as numerous community breast cancer grants. The UCSF Radiology Department provides a mobile van to the Foundation for this outreach program. Registration fee is $18 prior to the event, or $22 on race day. Registration fee includes a T-shirt and goodie bag. Entry forms may be ordered by calling 1-800-698-8699.

Heart disease forum

Several UCSF faculty members will speak at the American College of Cardiology's 14th Annual Advances in Heart Disease conference to be held at The Sheraton Palace Hotel in San Francisco, from Friday to Sunday, Dec. 13 to 15, in San Francisco.

Topics to be covered this year include those of general cardiology interest, heart failure, hypertension, chest pain, coronary artery disease, invasive cardiology, and prevention of cardiovascular disease. Emphasis will be placed on how these topics affect the practicing clinician in cardiology, internal medicine, pediatrics and family practice. The registration fee is $430 for ACC members and $505 for non-members. After Nov. 29, a $50 charge is added. Fees are reduced to $275 for residents, nurses, and fellows-in-training. For more information, call 1-800-253-4636, ext. 695.

Grants foster innovations in computer-based teaching, learning

By BRAD FOSS

Hunched over, a woman gestures to a sharp pain in her upper abdomen as she describes the agony of pancreatitis.

"Her description is absolutely classic," says James R. Macho, associate professor of clinical surgery, pointing to the woman who is featured on "The Virtual Surgery Clinic," a multimedia teaching model he's producing at UCSF. The interactive textbook is designed to expose students to a wide array of patient experiences so they are better able to recognize the various symptoms of common ailments, he says.

A beneficiary of UCSF's push toward computer teaching models, Macho was awarded $5,000 through the Instructional Technology Development (ITD) Grant Program to create his teaching module. Grants totalling $45,000 were awarded to 11 faculty members this summer to promote the development of multimedia educational projects at UCSF.

The ITD grants have been a boon to the relatively new Multimedia Development Laboratory (MDL), part of the Library and Center for Knowledge Management, which opened last October upon the recommendation of the Instructional Computing Committee (ICC). "The overall goal of the ICC is to foster innovation in teaching and learning through the use of technology, and certainly these grants are providing faculty a better opportunity to do just that," says Richard Lucier, chair of the ICC.

Since most grant recipients require some technical support from MDL, the lab has seen a flurry of activity. Macho says he will use the MDL to make a CD-ROM version of his program.

"The Virtual Surgery Clinic" is designed for students enrolled in eight-week surgery clerkships. By digitizing 20 different patient experiences — from physical examination to laboratory testing, and through the operating room — Macho aims to familiarize students with the most common illnesses. "What I'm trying to produce is something that would give a unified experience," he says. "And to bridge the gap between book and actual experience."

Right now, Macho says, medical CD-ROMs are only "a re-hashing of text with a few more pictures." But anatomy drills on his program ask students to identify body parts critical to a given operation. And step-by-step video demonstrations of surgical procedures can be watched repeatedly with the click of a button. "With each one of these steps, their retention improves," he says. "There's enough glitz in it to make it exciting."

Guiding the cursor around the screen, Macho reviews the suspected pancreatitis patient's lab data. He then tells the computer to send the person to the radiology department for an ultrasound, which ultimately clinches his decision to conduct surgery to remove a gall stone.

Help for budding pharmacists

Meanwhile, Andrew Luber is creating a computer program intended to enhance UCSF pharmacy students' familiarity with the multitude of variables that affect antibiotics dosing. A resident of Infectious Diseases in the UCSF Department of Clinical Pharmacy, Luber is building a database with hundreds of actual dosing scenarios. Students will choose from randomly selected cases with varying levels of difficulty, learn about the patients' condition through various sources of information and, ultimately, make a recommendation for an appropriate dose. Luber's hope is that budding pharmacists will become competent in making patient-specific decisions that take into account lab data, physicians' notes, recent health history, allergies and other information.

Melissa Welch, an assistant clinical professor of general internal medicine, is using ITD funds to digitize a teaching module aimed at improving cross-cultural communication between physicians and patients. Her project is an extension of a diversity in medicine curriculum Welch developed for UCSF primary care programs.

Included in the digital module will be clips from her diversity training videos. It is Welch's hope that if doctors are exposed to a variety of culturally based beliefs, they will be more apt to understand the patient. Welch's program will address issues of ethnicity, gender, and sexual preference. While Welch is preparing the program to be accessible to Internet users, she admits that there can be no substitute for actual dialogue.

The manager of MDL, Gail Persily, guided faculty members to design projects that could be completed within a year. "We tried to encourage people to start small," she says. "But it's hard to think simple because everybody has a lot of great ideas."

A year from now, grant recipients will be required to provide an outcome report based upon user evaluations and tests. A similar amount of IUC funds will be available next year with the call for grant applications to be made in late winter or early spring, she says.

For information about ITD Grants, contact Persily at 476-3766 or e-mail her at persily@library.ucsf.edu.

Competition hot at Office Olympics

Michele Firpo

Nancy Billings, center, receives a gold medal as part of the Millberry Programs and Services team at UCSF's first Office Olympics. With events like coffee-making, typing and alphabetizing, the Aug. 22 contest was sponsored by EMPACT!, NCM Direct Delivery, Bear Necessities, Avery Paper and BT Office Products.

UC will not offer long-term care insurance

UC's employee benefits plan administration announced recently that UC will not be sponsoring a long-term care insurance plan at this time.

UC benefits staff requested proposals for long-term insurance from 15 vendors; three vendors submitted proposals. After extensive review by UC benefits staff, a UC advisory group, and an outside project consultant, the general consensus was that a plan could not be offered that would be price-competitive in the current marketplace as well as responsive to the needs of the University community.

To assist employees and annuitants, UC benefits staff will publish general guidelines to consider when reviewing the various options for direct purchase for their long-term care insurance. UC benefits staff will reconsider the possibility of offering this type of coverage in the future.

Please call the Campus Benefits Office at 476-1400 if you have any questions.

WEB SIGHTS

Physician, researcher put their messages on Web

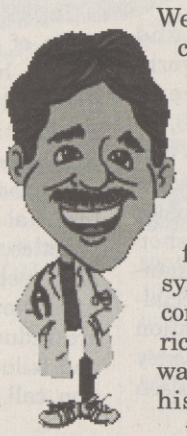
One of the most interesting qualities of the World Wide Web is that any reader can add to the available content. To reap the full benefit of the Web, any consumer of multimedia fare who has something to contribute, and is willing to take the time to present it clearly, should become a content producer as well.

By publishing on the Web, people can make information available to the mainstream and to those with specialized interests with equal ease. It's as easy to provide a network-connected group of three with information as it is to offer resources to hundreds. So Web offers that aren't wildly popular can still be worthwhile.

When information needs to be updated, the new document can be made available immediately after the change is made. With different paths available through a Web site, such a site can fill the gap between the static information a print document provides and the personal interaction of a phone call.

An excellent example of how the Web can help physicians communicate with the public is provided by Neil Singer, clinical instructor of medicine, who was chief resident at the UCSF/Mount Zion Medical Center in 1983-84. His site (http://www.drsinger.com) describes his local private practice and proves that physicians can provide information in a personal and professional way, avoiding the extremes of the dry, corporate site and the campy home page. Singer's page provides practical facts — a list of insurance plans and office hours — defines his specialty and describes himself.

The Web is also particularly useful for professional and academic communications – not surprisingly, since the Internet was developed to facilitate information exchange among researchers. A well-developed site that has useful information for researchers in related fields is the Web page of UCSF pharmaceutical chemistry professor Thomas Ferrin (http://www.cgl.ucsf.edu/home/tef). Ferrin's page demonstrates the value of providing original information on the Web, rather than just linking to already-available resources people could have found on their own. Along with a synopsis of his research interests, he connects his page to his information-rich laboratory Web site, offers software developed by his lab, and lists his recent publications, linked to their abstracts.



Singer as seen on the web

— Nick Montfort

MEDICAL CALL BOARD

Depression

The UCSF Department of Psychiatry is seeking volunteers to participate in a study on the role of two steroid hormones, cortisol and DHEA, in depression. Participants must meet the criteria for major depression and have no serious health problems. Weekly morning visits are required during the seven-week study. Visits will include a blood draw and mood and memory assessment. Investigational treatment medication and a thorough evaluation of depression by the study physicians for clinical referrals will be provided at no charge. Interested individuals should contact Audrey Keebler at 476-5858.

Pain management

The UCSF/Mount Zion Pain Management Center is looking for volunteers to participate in a year-long study that will evaluate a pain treatment derived from hot chili peppers. Volunteers with HIV who are experiencing severe burning foot or leg pain are eligible for the clinical trial.

The study will determine whether a treatment using a high dose of topical capsaicin in combination with epidural anesthesia is an effective remedy for pain associated with HIV. Capsaicin is the active ingredient in chili peppers and has been used in a diluted form in an over-the-counter topical ointment. The procedure may take two to three hours every seven to eight weeks. Preliminary studies show that several patients who experienced extreme neuropathic pain found relief when the medication was administered in a higher dose. Participants will likely be compensated.

For more information, contact Randy Callahan, manager of the center at 885-7246.

Multiple sclerosis

Researchers at the Department of Radiology, UCSF, and department of neurology, California Pacific Medical Center, are looking for non-smoking, sedentary men and women with and without multiple sclerosis (MS) to participate in ongoing studies of muscle, cardiovascular function and fatigue in persons with MS.

Researchers will obtain measures of muscle function, blood pressure and heart rate during rest and various tests including exercise. The purpose of these studies is to determine whether a loss of cardiovascular function is related to decreased muscle function and fatigue in persons with MS.

Volunteers must be between the ages of 20 and 55, have had no exacerbations within the last 6 months and be free from heart disease, high blood pressure, and diabetes. Subject payment is available. Studies will take place at the San Francisco VA Medical Center. For more information, please call Alex Ng at 751-9741.

Thermoregulation

The UCSF Thermoregulation Research Laboratory is conducting a study evaluating the effects of two opioid drugs on temperature regulation. The study consists of three days: two drug days for eight hours per day, and one control day for four hours. On each day, participants will receive a cold saline solution through a catheter to cool the body to the point of shivering. Participants will be paid a total of $650 for the entire three-day study.

Individuals must be healthy males, between the ages of 18 and 35 years, nonsmokers, not be taking any drugs or medications, and be of average weight and height to participate. For more information, call Azita in the thermoregulation research office at 476-3169.

Medsounds

Workshops help bridge generation gap

The UCSF/Mount Zion pediatrics group offers a series of free workshops to help parents and youths improve their communication.

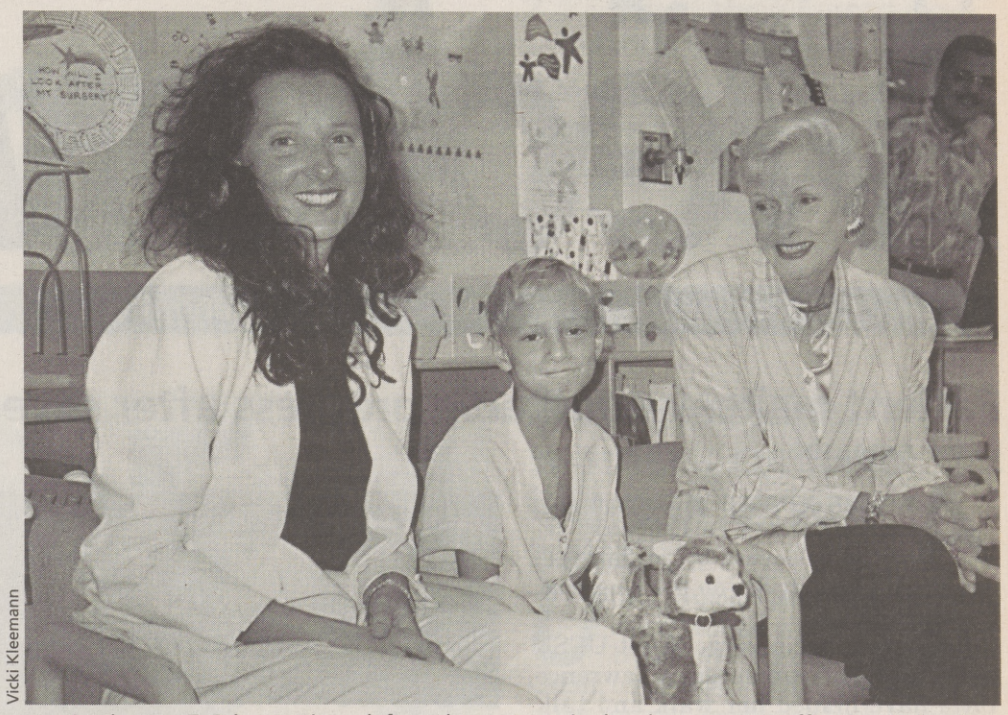
The 12 workshops focus on such topics as resolving conflicts, succeeding in school, understanding teamwork, having fun with each other, and fighting drug addiction.

"We're seeing a lot of parents having a difficult time and struggling with their kids over things like discipline and curfews," says Lauren Britt, a social worker who is coordinating the program through the teen services department. "We're hoping the workshops will give families more confidence in working out problems together. We want to provide some practical skills to get them through challenging times."

The workshops are led by experienced communication consultants, Hervey Byrd and Bernadine Luckey of Corinne Communications.

Parents, caregivers and youth ages 9 and up are invited to attend the ongoing workshops, which will be offered Tuesdays from 5:30 to 7:30 p.m. until Oct. 1. Groups meet in the UCSF/Mount Zion Pediatrics & Teen Services, 2330 Post St., Suite 320. Dinner and child care are provided.

For reservations and more information, contact Britt at 885-7742. Workshops are sponsored by the WAY-IN Project (Western Addition Youth Involved Now) and Mount Zion Health Systems Inc.



Vicki Kleemann

Austin Clenney, 7, Brigette Ziano, left, and Jane Rowe in the playroom at Moffitt Hospital

Auxiliary hosts FAO Schwarz toy giveaway

The Hospitals Auxiliary at UCSF hosted an FAO Schwarz toy giveaway and ice-cream party July 23 in Moffitt Hospital's sixth floor playroom.

Jane Rowe, president of the Auxiliary, and Brigitte Ziano, public relations specialist at FAO Schwarz, Joan Kazerounian, UCSF childlife specialist, in handing out more than 60 toys to patients including Austin Clenney.

Charm, a toy manufacturer, requested that the toy store give some toys to children to try out. FAO Schwarz, which cosponsors UCSF's annual Easter egg hunt and shopping spree, then added to the gift. To donate to the Auxiliary, call 476-4906.

Bravo to Bravo, Osman who win awards

Rosalie D. Bravo and Ahmed Osman are the latest recipients of the Helen B. Ripple Scholarship Award, a gift named after the former director of nursing and given to a registered nurse and student nurse.

Lisa Cisneros

Director of Nursing Jane Hirsch, right, presents the Ripple award to Rosalie D. Bravo in the Emergency Department at Moffit/Long hospitals

A clinical nurse II in the Emergency Department, Bravo has a 4.0 grade point average at the Dominican College of San Rafael, where she is a member of the honor society. Bravo's long-term goals are to earn certification as a nurse anesthetist and a doctoral degree in nursing. She wants to work with a high-risk patient population either in an urban setting or with underserved migrants in an agricultural community.

A senior hospital assistant in the operating room, Osman is studying to become a registered nurse at Regents College of Albany N.Y. Eligible to take two of the three clinical exams to complete his BS in nursing, Osman plans to use the scholarship funds to help defray college expenses. He also plans on pursuing a graduate degree in public

Pharmacists (from page 8)

changes they thought would increase the effectiveness of therapy.

Guglielmo reported that an estimated 25 to 111 additional patients were cured of infections as a result of these interventions, and that toxicity was reduced in about 150 to 200 patients.

The UCSF research group focused its review on prescriptions for antibiotics. Antibiotics are commonly used and highly valued in hospitals, which house in close quarters large numbers of patients at high risk for infection due to sickness, injury, exposure to harmful bacteria during surgery, or immune-system damage or suppression.

As part of the UCSF monitoring program, committees with expertise in the treatment of infectious diseases, including infectious-diseases physicians, pharmacists, microbiologists, surgeons and other specialists, establish general guidelines for safe and effective antibiotic use.

When physicians submit prescriptions and additional information to the hospital pharmacy on standard forms, pharmacists review them using the guidelines. When pharmacists have concerns about prescriptions, they can review individual patient case histories via a hospital computer network and discuss cases with infectious disease physicians before recommending any changes.

The researchers used a technique called "decision analysis" to gauge the impact of the clinical monitoring program. Decision analysis relies on the availability of previously published data on clinical outcomes associated with specific treatments in a particular type of clinical case. For instance, already published studies can sometimes provide information on frequency of ineffective treatment or drug toxicity among different patient groups for a particular drug dose. Similar studies of the same drug may report a range of outcomes.

Hospitalists (from page 8)

Robert M. Wachter at work

system places a premium on continuity of care between outpatient clinics and hospitals. Under this model, primary care physicians generally oversee all aspects of care, ranging from prevention to care of critically ill hospitalized patients.

But as the health care system has grown more competitive, the pressure to deliver the highest quality care at the lowest cost is driving a rapid reorganization into a system in which a separate group of highly trained and experienced physicians provide the best and most efficient hospital care.

"Since the inpatient setting involves the most intensive use of resources, it is the place where the ability to respond quickly to changes in a patient's condition and to use resources judiciously will be most highly valued," the article states.

The hospitalist system offers several advantages over the old system in which primary care doctors follow their patients into the hospital, Wachter and Goldman write. By focusing their practices in the hospital, these new specialists can see patients as many times as needed and become well-versed in the medical and logistical aspects of inpatient care. They learn — or develop — the most effective guidelines for the hospital care of common disorders, and they free busy primary care physicians to spend more time with patients in their offices.

The evolution to this new system also holds profound implications for the training of new physicians. As the hospitalist model grows, teaching programs may be forced to focus on training hospitalists or training outpatient generalists, the authors caution.

The movement toward the use of hospitalists has begun in California and other areas where managed care already dominates the market. Hospitals using the system expect to see substantial decreases in lengths of stay, hospital costs, and specialty consultations, but the full impact of hospitalists remains to be carefully studied.

Wachter and Goldman are leading an effort to study an academic version of the hospitalist model at UCSF. Results of a study involving UCSF faculty members who spend a number of months each year caring for hospitalized patients will be available later this year.

"As with any major transition," the article states, "the medical community must continuously reevaluate the new approach to ensure that any possible discontinuity in care is outweighed by improved clinical outcomes, lower costs, better education for physicians, and greater satisfaction on the part of patients."

Patient (from page 8)

Malhotra still faces major difficulties. She has limited short-term memory and she has visual problems as well. It is uncertain whether Malhotra will be able to return to her job as publisher of a regional magazine for young South Asians, or if she will be able to complete her goal of going to graduate school for a master's degree in communications.

"Getting back to former employment and full independence after a severe traumatic brain injury has been a difficult goal to achieve for patients throughout the country," Abrams says.

Scientific approaches to the area of cognitive rehabilitation are still unclear, Abrams adds. In addition to continued spontaneous recovery of brain functions, Malhotra faces a rigorous regime of physical and occupational therapies in the next 18 months to two years.

Although she is mercifully not expected to remember the accident itself, Malhotra is aware of the changes she has undergone, both her losses and the gains. Though the awareness of her recovery has caused some depression, she is also upbeat about the task ahead.

"I'm just glad it's going well," she says.

Her parents credit the medical treatment at UCSF for her progress, from the trauma unit at SFGH to the ensuing surgeries and rehabilitation. "I believe firmly, as a physician, had it not been for the efficiency of the trauma system here, my daughter would not have survived," Malhotra says." Each city should have at least one hospital where these patients can be taken."

Caring (from page 1)

the UCSF Senior Faculty Women Leadership Subcommittee will be working on that site, dedicated to those lost to AIDS and those living with HIV. "The workday provides an opportunity to express caring and support of colleagues, family and friends affected by HIV," says Barbara Gerbert, chair of the subcommittee and the Division of Behavioral Sciences, UCSF School of Dentistry.

"The week offers hundreds of volunteers an opportunity to make a difference in people's lives," says Katherine Riordan, county vice chair for San Francisco's Week of Caring and event coordinator at UCSF. "It's also a great opportunity to determine where your dollars can make the greatest impact during the UCSF Employee Community Campaign, an effort that benefits agencies funded by the United Way and starts next month."

UCSF
Medsounds

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INSIDE

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Patient makes remarkable progress after severe brain injury

By DALE MARTIN

A woman whose fall from a collapsed balcony in February resulted in severe brain damage, has made great strides on the long road to rehabilitation.

Two recent brain surgeries at UCSF performed by neurosurgeon Lawrence Pitts have helped her walk and talk again. UCSF surgeons, physicians and therapists are delighted to report that Shalini Malhotra, 25, is having a remarkable recovery from the traumatic incident.

"There has really been a dramatic improvement," says Pitts, who observed that Malhotra was both bed-ridden and mute when she re-entered UCSF at the end of July for a second series of procedures that followed initial surgery earlier this year. Malhotra had suffered a setback in her rehabilitation in Southern California and was experiencing spastic tremors, loss of speech and movement.

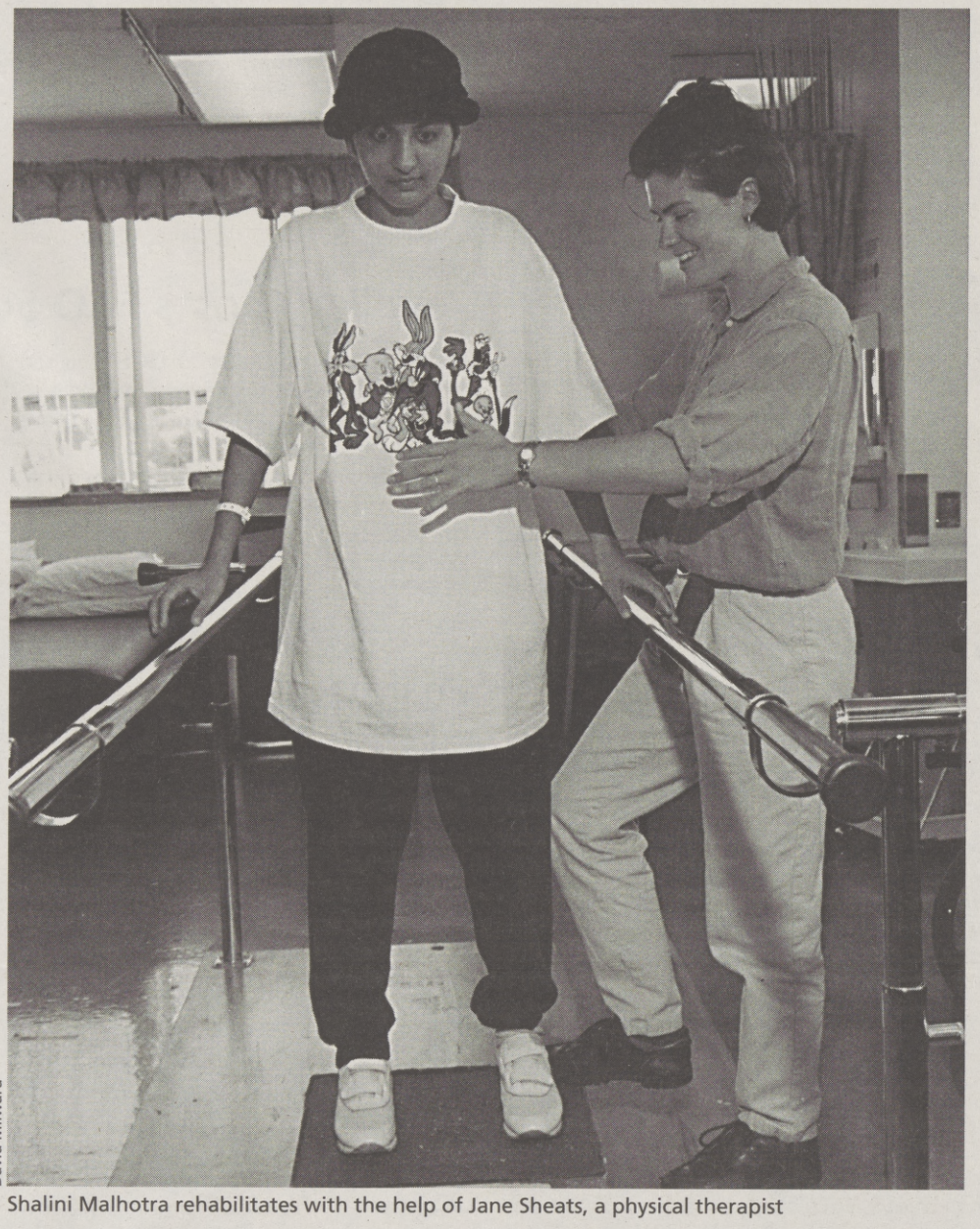
In the latest surgeries, Pitts repaired Malhotra's skull, replacing with synthetic material two bones that had been removed months earlier. The surgery served both to cosmetically reconstruct the skull as well as to normalize the pressure in her head.

"We hoped it would correct the problem. She's improved quite remarkably," Pitts says.

Indeed, Malhotra is walking and talking and has regained a sense of humor.

Malhotra's father, cardiologist Vinod Malhotra of Corona, Calif. described his daughter's progress as "amazing."

"A week ago, she couldn't even walk. Yesterday, she walked almost three blocks unassisted," he said during a recent interview in his daughter's room in the Adult Rehabilitation unit at UCSF/Mount Zion Medical Center.



David Milward

Shalini Malhotra rehabilitates with the help of Jane Sheats, a physical therapist

Malhotra was the most severely injured survivor of the Feb. 18 balcony collapse at a San Francisco party, in which one woman died and several others received numerous fractures. Malhotra's skull was crushed damaging her brain in the process.

Initial surgery was performed by Pitts at SFGH. She subsequently was transferred from General's trauma unit to UCSF's Moffitt Hospital. She left the hospital in March to continue her rehabilitation in Southern California closer to her parents. But progress was slow and when she began to experience spastic shaking as well as a severe allergic reaction to medication, Malhotra returned to UCSF where doctors decided to operate again.

During her initial surgery in March at UCSF, Pitts removed blood clots from both sides of her brain. Because she was experiencing severe brain swelling, bones were left out in the reconstruction of her skull.

The cranioplasty to repair the skull was performed in the second round of surgeries at UCSF/Mount Zion in July. Following the surgery, the severe headaches and spastic tremors she had experienced disappeared.

Despite the success of the surgeries, physicians, including Gary Abrams, director of rehabilitation at UCSF/Mount Zion, says the next two years will be crucial for the young woman's recovery.

"She has come a long way," Abrams says. "But as impressive as the amount of progress has been, she has big challenges ahead."

(See **Patient** on page 7)

Pharmacists help control infection among inpatients

By JEFF NORRIS

Advice to physicians from pharmacists can lead to better treatment of hospital inpatients, according to a review of a program to monitor prescriptions managed by clinical pharmacists and physicians specializing in infectious diseases at the UCSF.

B. Joseph Guglielmo, professor and vice-chair of the Department of Clinical Pharmacy at the UCSF School of Pharmacy, will present the group's findings Sept. 16 at the International Conference on Antimicrobial Agents and Chemotherapy, in New Orleans.

"Antimicrobial monitoring programs are common at academic medical centers, but they are not as well established throughout the hospital industry, which I think is unfortunate," Guglielmo says.

"Based on our review, I am convinced that these programs can benefit patients by helping to ensure that treatment is both safe and effective," he adds. "I also believe that prescription-monitoring can be cost-effective, because better treatment can circumvent complications and shorten hospital stays."

The researchers analyzed data collected from the antimicrobial monitoring program at The UCSF Medical Center for the period from May 1994 through April 1996.

According to Guglielmo, the monitors recommended changes in about 6 percent of the antibiotic prescriptions sent to the hospital pharmacy. In nearly every case (95%), physicians followed the recommendations. Most frequently, the monitors recommended changes in dosage rather than changes in the type of antibiotic used.

During the two-year period, monitoring pharmacists and infectious-diseases physicians intervened a total of 3,344 times. Of these, 858 interventions were classified as "high level," including 471 instances in which pharmacists made recommendations to reduce the likelihood of drug toxicity and 387 occasions when the pharmacists advocated

(See **Pharmacists** on page 7)

UCSF transplant patient swims to victory at national competition

By LISA CISNEROS

UCSF kidney transplant recipient Ray Velasco swam his way to five gold medals and the title of outstanding male athlete at the 1996 US Transplant Games in Salt Lake City, Utah last month.

The 33-year-old from Alameda even finished first in the 5-K run.

Velasco was among more than 1,200 recipients of life-saving organ transplants to compete in sports events such as track and field, tennis, bicycling and swimming. Sponsored by the National Kidney Foundation and Sandoz Pharmaceuticals Corp., the games are a celebration of the miracle of transplantation as well as a way to increase public awareness of the vital need for organ donation. While Velasco was fortunate that his sister, Jill, donated her kidney to him in December 1993, others awaiting organ transplants are not so lucky and must wait months — even years for a donor.

Jill was on the sidelines along with the UCSF contingent of staff and patients who cheered Velasco and other heart, lung, kidney and liver recipients on. And there was plenty to cheer about: 31 UCSF transplant recipients went home with more than 50 medals.

These athletes are beneficiaries of the heightened focus on the benefits of exercise following transplant surgery. In fact, UCSF, world-renowned for its expertise in transplant services, is leading the way to initiate exercise training early after transplants with the goal of optimizing physical fitness and promoting healthy lifestyles.

"Their bodies are so deteriorated when they come in for a transplant," explains Patricia Painter, physiology researcher who established the UCSF Transplant Rehabilitation Program. "And after the transplant, some get scared about what they should do and end up with sedentary behaviors."

But transplant recipients who remain inactive for too long can become at high risk for developing cardiovascular disease, she points out.

To study how kidney transplant patients can improve the quality of their lives with a program of regular exercise, Painter is directing a study that measures and documents changes in physical functioning, muscle strength, body composition, cardiovascular risk and quality of life. Velasco is among those participating in this ongoing study, the first of its kind.

UCSF staff expanded the study by collecting data on 127 participants at the US Transplant Games in a joint effort with the University of Utah. Participants received individualized counseling on their results and recommendations on how to modify their exercise regimen to meet their fitness goals.

Velasco, says he competes in the games for several reasons. "It's for awareness. And I like to show people having a kidney transplant isn't the end of the world. If you try hard enough, you can lead a productive life. It's basically not giving up."

Managed care fosters new specialists

By BILL GORDON

The explosive growth of managed care has fostered a new breed of physicians specializing in the care of hospitalized patients, two UCSF health policy experts reported recently.

These new specialists, dubbed "hospitalists" by the authors in the Aug. 15 issue of the New England Journal of Medicine, manage the care of hospitalized patients in the same way that primary care physicians manage the care of patients in offices and clinics.

"As hospital stays become shorter and inpatient care becomes more intensive, a greater premium will be placed on the skill, experience, and availability of inpatient specialists," say Robert M. Wachter, associate chair of the UCSF Department of Medicine, and Lee Goldman, chair of the Department of Medicine and associate dean for clinical affairs at UCSF.

The traditional American health care

(See **Hospitalists** on page 7)